The Impact of Operations Tempo (OPTEMPO) on the Military Family: Senior Leader Spouse Study

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Objectives of the Study

- Assess how Operations Tempo (OPTEMPO) in the U.S. Army affects senior leader spouses
- Examine military family challenges from the perspective of senior leader spouses.

Benefits to the Army

This study will:

- Provide baseline information on the spouses of senior leaders – a group key to the Army in Europe.

- Establish a baseline for use in future assessments.

- Supply information that can be used to formulate recommendations for promoting family well-being.

Research Design

Background: The Senior Leader Spouse study is a component of an ongoing research program examining the impact of OPTEMPO on US military families in Europe.

Samples:

1. Spouses of Soldiers in the OPTEMPO Study (including spouses of Battalion and Company Commanders)

- Four categories of spouses: Civilian spouses, Exceptional Family Member Program families, dual military spouses and single parents

2. Senior Enlisted Spouses (First Sergeants and Command Sergeant Majors)

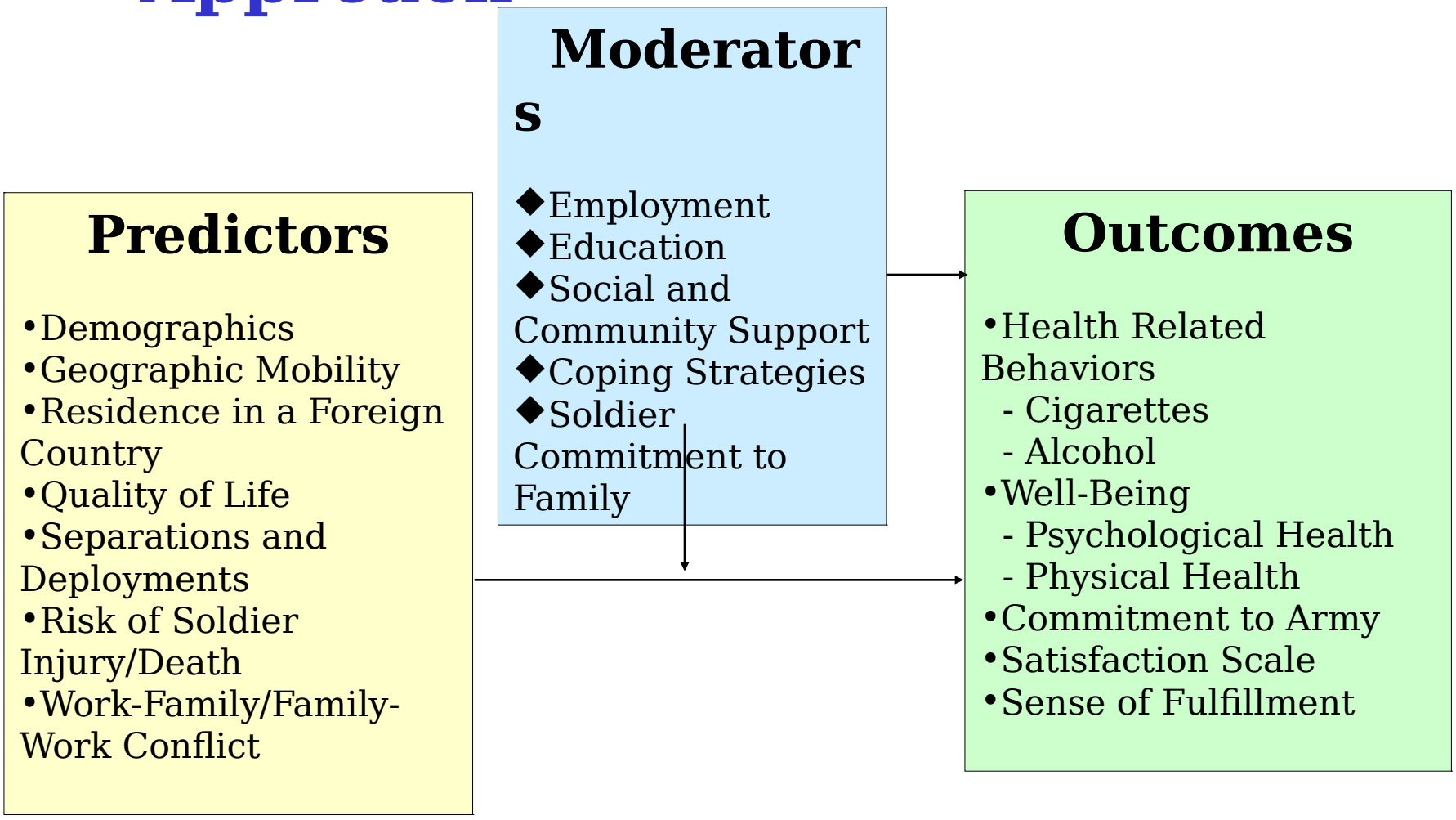
3. Senior Officer Spouses (Brigade Commanders and higher)

Research Design

Study Design:

- Surveys will be completed by spouses
- Interviews will be conducted with each spouse
    - Conducted by Medical Research Staff
    - 45-60 minutes
    - Topics include
        - Personal workload and well-being
        - Family separations due to military missions
        - Views of military life

Overview of Research Approach



Consent and Confidentiality

- Individual participation in the study is voluntary.

- Data that identify individuals are confidential and will not be released.

- Briefings and other written reports will not identify spouse or units – directly or indirectly.

- Data collected during this study will be stored and archived for future comparisons.

Conclusion

- This study will determine which social and psychological variables have the greatest impact on health and well-being of families living in Europe in a high OPTEMPO environment.

- This study will establish a set of standardized assessment tools that can measure family health and well-being for use in future studies.

- The findings from these studies will enable the Army to improve readiness and retention of soldiers by identifying which family factors play the most important role in these outcomes. The Army will also be able to promote those factors that enhance family health and well-being to ensure successful functioning in a high OPTEMPO environment.

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